

Supplementary Table 5. Common food sources of vitamin B6 [67]

Food	Per serving, µg	DV, %
Chickpeas, canned, 1 cup	1.1	65
Beef liver, pan fried, 3 ounces	0.9	53
Tuna, yellowfin, fresh, cooked, 3 ounces	0.9	53
Salmon, sockeye, cooked, 3 ounces	0.6	35
Chicken breast, roasted, 3 ounces	0.5	29
Breakfast cereals, fortified with 25% of the DV for vitamin B6	0.4	25
Potatoes, boiled, 1 cup	0.4	25
Turkey, meat only, roasted, 3 ounces	0.4	25
Banana, 1 medium	0.4	25
Marinara (spaghetti) sauce, ready to serve, 1 cup	0.4	25
Ground beef, patty, 85% lean, broiled, 3 ounces	0.3	18
Waffles, plain, ready to heat, toasted, 1 waffle	0.3	18
Bulgur, cooked, 1 cup	0.2	12
Cottage cheese, 1% low-fat, 1 cup	0.2	12
Squash, winter, baked, ½ cup	0.2	12

DV, daily value.